Pe-ru-na and Ka-tar-no



I have receiv ed a letter from a young lady, who asks me: who asks me: "Is the old Pe-(Ka-tar no) better than ru-na Either medi

One adapted for one condition. an other for anoth-Ka-tar-no is etter remedy a better rem for some conditions than the

5. B. Hartman, M. D. B. Hartman, M. D. revised Peru-On the other hand, the revised na. On the other hand, the revised Peruna is a better remedy for some conditions than Ka-tarno. They are both intended as catarrh remedies. They have both done a great work in relieving catarrh, chronic and acute. Many hundreds of cases of chronic enterth have recovered while taking Ka-tarno and the same is true of the critical Peruna during the last six revised Peruna during the last six

years since its revision.

There is a difference, however, in the two remedies. Whenever catarrh the two remedies. Whenever catarrh is associated with constipation then the revised Perusna is the best. Indeed, this is exactly why the revision was made, to meet such cases. But where no laxative is needed, where the bowels are regular or inclined to be loose, then the old Perusna (Entar-

no) is the better remedy.

Perusa, Manadhs and Lacupla
manufactured by the Perusa Company, Columbus, Obio. Sold at all

SPECIAL NOTICE - Many persons inquire SPECIAL NOTES - State persons inquire rathe fold-time Forman. They want the current that their Fathers and Hofbres test take. The old Persons is now called Karron. If your dragant to denier does not early if for all write the Kintarus Company. Commiss. Ohio, and they will tell you all

SOMETHING AKIN TO GENIUS

Young Man With Financial Ability So Well Developed Should Make Mark in World.

To you thing there is any such

thing as financial genius."

Tam sure there is I know a young man who has it in a marked degree After he had persuaded a beautiful daughter of one of our most prominent jewelers to become his wife he went around and induced the old man to let him have an engagement ring at the coat price."

"I don't see any indication of remarkable financial genius about

Wait. When he and the girl broke their engagement he took the ring back to her dad and got him to pay eight per cent, interest on the money that had been invested"

Optimists.

For non-committal brevity of speech, commend us to the Yankee lord of the soil. One such, who was obliged to make a physician daily visits, had an unvarying answer to the question, "How do you feel today?" "Well," he would reply showing as little in terest in the subject as possible, "I sin't no wuss." Further than that he wished to say nothing, and it took the cunning of a serpent to discover his real feelings. A man who was knocked down in the street by a snowslide was assailed by a sympathising crowd with condelence and question. "Did it hart you?" inquired one of from the clothes of the well-powdered victim. "Well," was the cautious answer, "It ain't done me no good." Acgenaut.

For the Sake of Variety. Customer-This, I suppose, is a fold

Morehant-No, sir: we call this an untolding bed. I'll show you. (Un-

The more justice some people get the less they are inclined to boast of

A medical expert speaking before the Eugenies Congress, declared he would rather have a robust burglar than a consumptive bishop for his father. He should follow up this by the logical advocacy of the abolition of the present state of society in favor of a return to the days of the cave men when the physical basis was the fideal of life. In fact, all the so-called new thoughts about life and progress and men did not bother with the fine distinctions of morals and laws.

It is announced that dictators of fashion intend to compel us to wear such cotumes as were worn during the reign of terror in Paris. The dictators of fashion appear to be absolutely merciless.

A New Jersey policeman who recently inherited \$100,000 has received 2,000 offers of marriage. It is evident that a lot of women think he is not going to be spoiled by sudden riches.

It is said that the average salary of clergymen in this country is \$663 a year. And yet we wonder why so many college men turn to baseball.

A Los Angeles scientist makes the prediction that in 500 years all men will be baid. He has doubtless been experimenting with a bair restorer

A Long Branch bell hop gatned fame by writing a poem on "Tips." If a poet could glean a bell hop's tips they'd renounce pen and ink for life

THE KITCHIEMS



SOMETHING FOR DINNER.

Braised Beef .- Try out two thin slices of fat salt pork and remove the Wipe three pounds of beef cut from the round or rump and sprinkle with salt, pepper and flour; brown the surface in the hot fat, turn-ing carefully not to pierce the meat and allow the Julees to escape. Place on a trivet in a deep earthen pan or baking dish, and surround with the following vegetables: One-fourth of a cupful each of cuton, turnip, celery and carrot, all cut fine; add a half tea-spaceful of peppercorns and salt. Cover with three cupfuls of boiling water and cover closely, cooking four hours. Baste the ment every half hour, and turn it after the second Keep the liquid at the symhour. mering point, as too much heat toughsauce made from the liquor in the

For Company Dinner. -A flilet of Boof With Vegetables-Wipe a threepound fillet and remove the fat. Put a half pound of butter in a hot frying and when melted add the fillet and turn frequently until the entire surface is well scared over and browned, then turn occasionally until done, cooking about thirty minutes Remove the meat to a serving dish and garnish with a cupful each of cooked peas, carrots out in fancy shapes, and well seasoned; one-hall pound of mushrooms sauted in a little butter. Serve with:

Brown Mushroom Sauce.--Pour off a fourth of a cup of fat from the frying pan, add five tablespoonfuls of flour and stir until well browned; add : cup of soup stock, a third of a cup of the mushroom liquor and a half pound of mushrooms cut in pieces and cooked in butter five minutes. Season with salt, pepper and just before serving, while stirring constantly, add the butter remaining in the frying pan

To obtain mushroom liquor, cook the stems of mushrooms in cold water to cover and reduce to a third of a cup.



FALL PESTIVITIES.

The pumpkin is the time-honored vegetable for the Hallowe'en table. and many and various are the uses for it as a decorator. The little papermache imitations may be used as bor bon boxes of an receptacles for saited nuts. The real pumpitin, however, lends itself to almost anything the incentity of the hostens wishes to ereate.

A very happy arrangement was placed last year upon the table of a young housekeeper for a Hallowe's party. A round pumpkin was bored with holes and pretty chrysanthemums were thrust in, the flower resting on the rind of the pumpkin. After the flowers were all placed the centerece looked like a great fluffy chrys anthemum. One might have ribbons Fill each orange cup with the mixture attached to the flowers, which could of fruit sugar and dressing and keep be drawn by each guest, and so furnish a boutonniers. The pumpkin is fined with paper and filled with fruit or bonbons

Sandwich plates, salad bowls and meat platters may be cut from small oblong-shaped pumpkins; these lined paper dollies make most fetching dishes.

Gnome Salad .- Add a half cup of are suspiciously like a return to the chopped almonds to a chicken and good old times when might was right celery salad, two finely chopped red peppers, half a cup of pineapple juice spoonfuls of vinegar, a tablespoonful and the juice of a large onion. Mix of butter and a tablespoonful of sugar well, then add mayounnise. Garnish with olives stuffed with almonds.

Charm Cake.—Bake any desired fire, and when cake and put a ring a thimble and a ful of olive oil. dime in the batter. Cover the cake Orange and I with white frosting and decorate with chocolate witches.

Serve ice cream in halves of muskmelon and decorate the cream with eyes, nose and mouth made of chocolate, melted, or citron and currants.

Goblin Pies.—These are individual

pumpkin ples decorated with features and given a frill of lace paper for a

A Promoter.

Howell-What sort of a fellow to

Powell-He can make two lemons grow where only one grew before, and then hand them both to you when you house, I can tell you it was a moving are not looking—Judge. are not looking.-Judge.

Free Meals for School Children. The number of meals given to school children in England last year was 16,-72.000. The cost was \$765,000, of botel look sick which only \$6,875 was received from parents as voluntary contributions.

right to dishenries

A CHICKEN FOR TWO

A small chicken, costing sixty or seventy cents, is not an extravagance for the small bouseholder who likes to buy economically, for a chicken may be used for several meals; of course the number depending upon how much is enten.

A few pieces, like the wings, a sec end joint or a leg if parbolled and then fried in butter, will, with the gravy and mashed or baked potatoes. make a most satisfactory meat. Remove the chicken when it is tender and brown, to a small platter, arranging the pieces as alcely as possible: add a tablespoonful of flour to the pan in which the chicken was fried and when it is well browned add a cup of milk and seasonings. When smooth and thick, strain into the grava boat. If the amount of ment seems too meaner, have a satisfying saind and a hearty descert, and the meal will prove sufficient for almost any up-

The giblets, if cooked slowly in a cap of water, then shopped and added to the broth with a little thickening and cream, will make a sauce to serve n buttered tonst.

The back and neck may be used in a stew with dumplings, making a quantity sufficient even for a chance

The breast may be alleed and served cold, or make, with the addition of celery and a little good salad dressing, a most delicious saind for two.

Then, after all has been eaten, the bones and gristle will make a small tureen of broth, which may be further eked out by the addition of cream or milk and a beaten egg.

One may, with careful planning have fried chicken two meals, stewed chicken one meal, minced chicken on toast a salad or sliced cold breast of chicken and a soup, which will have the flavor of chicken, if other foods are added to make it nourishing.

If one would make a two or three and fowl serve for three meals one need not feel that they were too much of a luxury to enjoy often.

if one is fortunate enough to have fresh mushrooms in one's own garden or grounds, the combination of chicken and mushrooms is especially delilous, each bringing out the flavor of the other



A FEW FALL SALADS.

West succeen is in proport

If we have been forehanded when pineapples were plentifully, we have a reserve of choice pineapple to use er all sorts of desserts, salads and cake filling. The flavor of the houcanned is much better than that which re ordinarily buy.

Chiffon Salad.—Take a half cup each of dates, figs, pineapple and three oranges and three-fourths of a cup of sugar. Cut the oranges in halves, remove the pulp and put the shells ethe ice. Cut the fruit in small pieces mix with a mayonnaise dressiof fruit, sugar and dressing and keep "Why, bless ye, James, I ain't got a tablespoonful of whipped cream on no sideways!"-Youth's Companion. top. Serve on lettuce.

Pickles, peas and peanuts are good erved with a very little saind dress

Date Salad .- Wash, and without par ing, cut two medium-sized, good-flavored apples into dice, add a pound of stoned and quartered dates, mix with a cup of pecans and pour over the tol

lowing dressing.
Two eggs well beaten, four table eason with salt and cook over hot water until thick; remove from the fire, and when cool add a tablespoon-

Orange and Date Salad .- This is salad particularly nice to serve with duck this fall: Stone the dates and cut in balves lengthwise. Remove the oranges in sections, arrange in mound on crisp lettuce leaves and sur round with the dates. Serve with French dressing.

Nellie Maxwell.

A Lively One. "I hear when you have your children gathered around you, it is quite a picture."

Well, when we all went to our new

Expensive Spot.

"fillt Crest is considered a healthy place, yet all the guests who leave the

"Oh, they don't look sick until that got their bills."

DR. CALDWELL'S GUIDE TO GOOD HEALTH

The natural tendency of people in this busy age to demand of the ditended they should perform, frequently results in throwing the entire di gustive system into disorder. When the stomach fails to freely digest and distribute that which is eaten, the howels become clogged with a mass of waste and refuse which ferments and generates poisonous gases that are gradually forced into the blood, caucing distress and often serious III

Dr. W. B. Caldwell says that if the bowels are kept regular there will be much less sickness, and prescribes a combination of simple laxative herbs with pepsin that is most effective in relieving any congestion of matter in the bowels. This compound can be bought in any drug store under the name of Dr. Caldwell's Syrup Pepsin. and costs only 50 cents a bottle. It is mild in its action, pleasant to the taste and positive in effect, a dose at night bringing relief next morning, naturally and without griping or other discomfort. 'A bottle of Dr. Caldwell's Syrup Pepsin in the house will mave many times its cost in doctor Your name and address on a postal to Dr. W. B. Caldwell, 203 West which I had suffered for 5 years. Bt., Monticello, Ill., will bring a free had dizzy spalls, my eyes puffed, trial bottle by return mall. Adv. my breath was

HARD LUCK.



Dick-I told her that I loved hurthat I was even willing to worship er at a distance.

Tom-What did she do? Dick-Sald shold supply the dis-

HANDS ITCHED AND BURNED

Abbotsford, Wis .- My son had eczema on his hands for about one year. home The eczema started with a rash. His ther, hands were sore so be could not close them, and when he wet his hands they hurt him so he could hardly wash. His hands itched and burned just terrible and if he would scratch them, they "What? Not even an ace?" would break out into sores. He could not get any rest or sleep, and his hands looked quite bad.

kept getting worse all the time. I got for herself. some Cuticura Soap and Ointment, and after washing his hands with the Cuticara Scap and putting some of the Cuticura Ointment on two times a day and tying cloths on them for about six months they got well and have not broken out since. Cuticura Soap and Ointment cured him entirely." (Signed) Mrs. Lawrence Kiehl, Feb. 1912.

Cutleura Soup and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-eard "Cuticura, Dept. L. Boston."

Serious Lack.

An old Englishwoman, who was ex-tremely stout, was making vain offorts to enter the roar door of an omnibus. The driver leaned over good-naturedly, and cried:

"Try sideways, mother, try side-ways!" The old woman looked up bre lessly, and replied:

Examine carefully every bottle of CASTORIA, a safe and sure remedy for

infants and children, and see that it Bears the Signature of Chart H. Hetchers In Use For Over 30 Years Children Cry for Fletcher's Castoria

Was your aviating meet a suc

"No, not much of a one. There were only three accidents and no fatalities."

Ita Kind. "The papers say carrots will make one beautiful." "Huh! That's only yellow journal

At the Opera. "That singer has a powerful voice." "I should say so. I can't hear my-self speak when he's singing."

l=m.

POLLY VICTIM OF DECEPTION

Bird Realized Period Between Its Tem porary Oblivions Had Been Ma-terially Cut Short.

The Goodleys have a sailor son, who on one occasion brought home a parrot for the amusement and enlightenment of the family. They kept it for the sake of the donor-on no other account would it have been given house room. Of course, it was a perfeetly respectable bird-occasionally; but on Sunday evenings, when young Mr. Saintly paid his regular visit, was deemed advisable to cover Polly with a cloth.

Recently, however, Mr. S. took advantage of a half-holiday accruing to him, and made an extra call on the Wednesday. As he was unhered in Miss Mary Goodley dexterously threw the cloth over Polly's cage. Greetawkward pause, which was broken by a squawk from the covered cage.
"Well I'll be everlastingly blessed."

said Polly "This has been a thundering short week?

JUDGE CURED, HEART TROUBLE,

I took about 6 boxes of Dodds Kidney Pills for Heart Trouble from

short and I had chills and backpittis about a year see and have had no return of the pulpitations. An

nite to do lots of marcial labor, and Judge Miller, well and hearty and weigh 200 pounds. I feel very grateful that I found Dodgs Kidney Pills and you may publish this letter if you wish, I am serving my third term as Probate Judge of Gray Co. Yours truly, PHILIP MILLER, Cimarron, Kan.

Correspond with Judge Miller about

this wonderful remedy, Dodda Kldney Pills, loc. per box at your dealer or Dodds Medicine Co. Buffalo, N. Y. Write for Household Hints, also music of National Authem (English and German words) and recipes for dainty dishes. All 3 sent free.

Suspicious.

"John do you love me"
"Yes."

"Do you adore me?" "I s'pose.

"Will you always love me?" "Yes-look here, dear, what have you been and gone and ordered sent home now?"- San Francisco Exam-

Too High:

Every mother is firmly convinced that she is capable of picking a better "We had medicine and salve and it husband for her daughter than she did

> Mrs. Wireles's Scotting Error for Children technica actions the gums, reduced informita-tion, allays pain, cures wood cone, he a borie-ally When Dame Fortune Stiorks at a

if the neighbors are looking The fountain of beauty is the heart. Pellil's Eve Salve TIRED EVES

man's door he always "rubbers" to see

and every generous thought illustrates the walls of your chamber — Smiles.





EVERY CHILD SHOULD HAVE THE Faultless Starch Twin Dolls Miss Lilly White and Miss Phoche Primm.

t fromt, or two 5 cent fromts. Unly one ad will compared with such application.

FAULTLESS STARCH CO., Kauses City, Mo.



W.L.DOUGLAS SHOES

\$3.00 \$3.50 \$4.00 \$4.50 AND \$5.00 FOR MEN AND WOMEN

FOR MEN AND WOMEN

Source W. L. Dauglas \$2.00, \$2.50 \$ 53.00 School

Shoos, because one pulr will positively outwear two
pairs of ordinary shoes, same as the men's shoes.

W.L.Douglas makes and sells more \$3.00,\$3.50 & \$4.00 shoes than any other manufacturer in the world. THE STANDARD OF QUALITY FOR OVER 30 YEARS.

THE STANDARD OF QUALITY FOR OVER 30 YEARS.

The workmanship which has made W. L. Douglas shoes famous the world over is maintained in every pair.

Ask your dealer to show you W. L. Douglas latest fashions for fall and winter wear, notice the short vamps which make the foot look smaller, points in a shoe particularly desired by young men. Also the conservative styles which have made W. L. Douglas shoes a household word everywhere.

If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price.

CAUTION.—To protect you assists inferior shoes. W. L. Douglas stange his necessary on the bot.

Wear longer than any other make for the price.

CAUTION.—To protect you against inferior shoes, W. L. Douglas stamps his manse on the hostom. Look for the stamp. Beware of substitute. W. L. Douglas shoes are said in 78 own stores and shoe dealers everywhere. No matter where you live, they are within pour reacher by you. With direct to factory for catalog showing how to order by mail. Shoes sent everywhere, delivery charges prepaid. W.I. Douglas, Brockton, Mass.



WOMAN SICK TWELVE YEARS

Wants Other Women to Know How She Was Finally Restored to Health.

Louisiana, Mo.:-"I think a woman naturally dislikes to make her troubles

known to the public, but complete restor-ation tohealth means so much to me that I cannot keep from telling mine for the sake of other suffering women.
"I had been sick

about twelve years, and had eleven doctors. I had drag-ging down pains, pains at monthly periods, bilious spells,

and was getting worse all the time. would hardly get over one spell when would be sick again. No tongue can tell what I suffered from cramps, and at times I could hardly walk. The doctors said I might die at one of those times, but I took Lydia E. Pinkham's Vegetable Compound and got better right away. Your valuable medicine is worth more than mountains of gold to suffering wo-men."-Mrs. BERTHA MUFF, 503 N. 4th Street, Louislana, Mo.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimentals on file in the Pinkham laboratory at Lynn, Mass., seem to prove

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential: Lynn, Mass. Your letter will be opened, rend and answered by a woman and held in strict confidence.



Stops dandruff and loss of hair

FREQUENT shampoos with Resinol Soap stop scalp itching and dispel dandruff, thus promoting scalp health and preventing loss of hair. In severe cases of dandruff and falling hair, a little Resinol Ointment should be occasionally massaged into the scalp.

Sold by all drugglets (Soap Me, Chalment Sec), or sent by mail on receipt of price by Resided Chemical Co., Builingre, MA

WHY NOT breed the winter swemper writing

W. N. U., Kansan City, No. 43-1912.

